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| --- | --- | --- | --- | --- |
| **MONDAY 3, 2020****3 oz. Breaded Baked Cod****1/2c Scalloped Potatoes****1/2c Mixed Veggies****1 Roll w/ 1 tsp. Margarine****1 Banana** | **TUESDAY 4, 2020****3 oz. Pepper Steak****½c Baked Potato****1/2c Broccoli & Cauliflower****w/ 1 oz. Cheese Sauce****1 Roll w/ 1 tsp. Margarine****1/2c Pears in 1/2c Jello** | **WEDNESDAY 5, 2020****Red Chile Beef Enchiladas****(3 oz. Beef, 1/4c Red Chile,** **2 Corn Tortillas)****1/2c Pinto Beans****1/2c Salsa Corn****1c Tossed Salad w/** **2T Low Fat Dressing****1/2c Cinnamon Spiced Apples** | **THURSDAY 6, 2020****3 oz. Chicken Fried Chicken****1/2c Garlic Mashed Potatoes****1/2c Asparagus****1 Roll w/ 1 tsp. Margarine****1/2c Chilled Plums** | **FRIDAY 7, 2020****Cheese Tortellini****(1 oz. Cheese, 2 oz. Meaty Marinara Sauce, 1/2c Pasta)****1/2c Italian Veggies****1/2c Cucumber & Tomato Salad****1 sl. Garlic Bread****1/2c SF Ice Cream** |
| **MONDAY 10, 2020****3 oz. Swedish Meatballs****over 1/2c Egg Noodles****1/2c Buttered Peas****1/2c Spinach Salad w/** **2T Low Fat Dressing****1 sl. Garlic Bread****1/2c SF Tapioca Pudding** | **TUESDAY 11, 2020****Beef Tostada** **(3 oz. Beef, 1 oz. Cheese,** **1/2c Lettuce & Tomato,** **1 oz. Salsa,** **2 Corn Tortillas)****1/2c Refried Beans****1/2c Mexicorn****1/2c Spinach Salad w/** **2T Low Fat Dressing****1 Fresh Apple** | **WEDNESDAY 12, 2020****Cobb Salad with****(2 oz. Chicken, 1 oz. Bacon, 1 Hard Boiled Egg,** **1oz. Cheese, 1c Lettuce & Tomato,** **2T Low Fat Dressing)****1 Breadstick w/ 1 tsp. Margarine****1 Brownie** | **THURSDAY 13, 2020****Beef Burrito Supreme****(3 oz. Beef, 1 oz. Cheese, 1/4c Green, Chile, 1 Tortilla)****1/2c Lettuce & Tomato****1/2c Spanish Rice****1/2c Calabacitas****1/2c Fresh Grapes** | **FRIDAY 14, 2020****Chicken & Rice Casserole****(3 oz. Chicken, 1 oz. Sauce,** **1/2c Rice)****1/2c Peas & Carrots****1c Tossed Salad w/** **2T Low Fat Dressing****1 Roll w/ 1 tsp. Margarine****1/2c Applesauce** |
| **MONDAY 17, 2020****3 oz. Low Sodium Polish Sausage****1/2c Sauerkraut****1/2c Parsley Potato****1/2c Buttered Carrots****1 Roll w/ 1 tsp. Margarine****1/2c Tropical Fruit** | **TUESDAY 18, 2020****Chicken Fettuccini****(3 oz. Chicken, 1 oz. Alfredo Sauce, 1/2c Noodles)****1c Cauliflower & Broccoli****1 sl. Garlic Bread****1/2c Bananas in 1/2c Pudding** | **WEDNESDAY 19, 2020****4 oz. Sweet & Sour Pork****1/2c Brown Rice****1c Asian Veggies****1 Egg Roll****1/2c Fresh Strawberries** | **THURSDAY 20, 2020****Beef Fajita****(3 oz. Beef, 1/2c Peppers & Onions, 1 Tortilla)****1/2c Fajita Veggies****1/2c Pinto Beans****1 oz. Salsa** **1/2c Mixed Fruit** | **FRIDAY 21, 2020****Fish Sandwich****(3 oz. Fish, 2T Tartar Sauce,** **1 Bun)****1/2c Coleslaw****1/2c Mixed Veggies****1 Hushpuppy****1/2c Peaches in 1/2c Cottage Cheese** |
| **MONDAY 24, 2020****3 oz. Baked Chicken** **W/ 1 oz. Mushroom Sauce****1/2c Rice Pilaf****1c Corn & Green Beans****1 Roll w/ 1 tsp. Margarine****1/2c SF Chocolate Pudding** | **TUESDAY 25, 2019****3 oz. Salisbury Steak w/** **1oz. Low Sodium Brown Gravy****1/2c Mashed Potatoes****1/2c Asparagus****1 Roll w/ 1 tsp. Margarine****3/4c Fresh Cantaloupe** | **WEDNESDAY 26, 2020****3oz Low Sodium Baked Ham****with 1 oz. Pineapple****1c Yams****1/2c Vegetable Medley****1 Roll w/ 1 tsp. Margarine****1/2c Pineapple Tidbits** | **THURSDAY 27, 2020****3 oz. Teriyaki Chicken****1/2c Fried Rice****1c Asian Veggies****1 Roll w/ 1 tsp. Margarine****1/2c Mandarin Oranges****1 Fortune Cookie** | **FRIDAY 28, 2020****1/2c Tuna Salad****1/2c Coleslaw****1/2c Cold Peas****6 Crackers****1 Chocolate Chip Cookie** |
| **MONDAY 31, 2020****Chile Relleno****(1 oz. Cheese, 3 oz. Green Chile,** **2 oz. Green Chile Meat Sauce,** **1 oz. Breading)****1/2c Black Beans****1c 5 Way Veggies****1 Tortilla****1/2c Chilled Apricots** |  |  |  | **All Meals Served With 8 oz.** **2% Low-Fat Milk** |

***Nutrient Table***

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| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Daily Lunch Requirement | Menu Week 1 | Menu Week 2 | Menu Week 3 | Menu Week 4 | Menu Week 5 |
|  |  | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****5** | **Days in Week:****1** |
| Calories | 700 or more | 737.5 | 784.1 | 720.6 | 718.3 | 770.2 |
| % Carbohydrates from Calories | 45-55% | 48.1% | 47.1% | 47.4% | 50% | 49% |
| % Protein from Calories | 15-25% | 23.4% | 25.8% | 23.9% | 21.7% | 23.7% |
| % Fat from Calories | 25-35% | 28.4% | 27.1% | 28.7% | 28.3% | 27.3% |
| Saturated Fat | less than 8g | 7.9g | 7.8g | 6.3g | 5.7g | 7.6g |
| Fiber | 10g or more | 13.4g | 11.2g | 11.8g | 10.1g | 20.8g |
| Vitamin B-12 | .8ug or more | 2.6ug | 3ug | 1.9ug | 2.1ug | 2.9ug |
| Vitamin A | 300ug RAE or more | 512.9ug | 851.3ug | 551.4ug | 420.6ug | 825.9ug |
| Vitamin C | 30mg or more | 49.4mg | 57.6mg | 73.2mg | 58.5mg | 227.2mg |
| Iron | 2.6mg or more | 5.2mg | 7.5mg | 4.7mg | 4.9mg | 7.8mg |
| Calcium | 400mg or more | 583.5mg | 597.4mg | 456.5mg | 406.3mg | 553.5mg |
| Sodium | less than 766mg | 584.9mg | 652.3mg | 713.6mg | 709.9mg | 637.6mg |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the lunch calorie level of 700. This menu plan meets the requirements for 1/3 DRI in protein, iron, calcium, Vitamin A, Vitamin C, Vitamin B-12, Fiber and Sodium. In addition, this menu plan is 45-55% of calories from Carbohydrates, 25-35% of calories from Fat and 15-25% of calories from Protein.

 Jennifer Pas, RD, LD